**Module 23**

Dying to Be Thin & Dying Because We Are Obese

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Answer the following questions. Be prepared to share your answers.

1. Describe the ideal figure for a woman to have. For a man.

A woman with an ideal figure is skinny with long arms and legs. A man with an ideal figure is tall, buff, with muscular long arms and legs.

1. Has our notion of the “perfect body” changed since, say fifty-years ago?

It has changed slightly over the fifty years. However, the idea of a “perfect body” still exists.

1. Would you say that more people are getting fatter in Korea than are getting fatter in America? Explain.

No. I think more people in Korea are getting *skinner* than are people in America. Many women in Korea are very stressed about their body and constantly go on diet to look like skinny stars on TV. Clothes sizes get smaller by day and food proportions get smaller as well.

Part II (for homework)

Read pp. 362-370 of your text, and answer the following questions

1. Explain why it is so challenging for people that are already over-weight to lose their weight.

The fat cells never go away once it increases. Thermostats maintain the body weight at a higher range and once they lose weight, metabolism decreases rapidly, causing them to feel hungry easily.

1. What is the significance of leptin for weight loss?

Leptin causes people to lose weight by inhibiting their hunger and making people more active. Leptin causes people to eat less, become more active, and thus, lose weight.

1. Explain why we now know that environment is more important to obesity than is genetics.

Genetics does matter however, environment matters more. Obesity is caused by not maintaining a healthy diet along with lack of motivation, not totally by genetics.

1. Provide some advice to a friend that is trying to lose weight. Provide at least five pieces of advice.

* Stay away from tempting food
* Be realistic when setting goals
* Change your diet to a healthy one
* Don’t starve all day and eat a huge meal at night
* Don’t binge.
* Begin diet only when you’re prepared.